



Gluten

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Gluten, a [protein complex](#) primarily found in [wheat](#), **barley**, and **rye**, is celebrated for its utility in the food industry but is infamous for causing gluten-related disorders like [coeliac disease](#), a condition affecting **around 2%** of the population.

- Gluten is composed of proteins, mainly gliadins and glutenins, formed when water is added to certain cereal flours.
 - It **provides elasticity to dough**, allowing it to rise and imparting chewiness to baked products.
 - Naturally found, it can be extracted, concentrated, and incorporated into food and other products to enhance protein content, texture, and flavor.
- Gluten resists complete digestion due to the [enzyme protease](#) being inefficient in breaking it down. Undigested **gluten may lead to gastrointestinal disorders**.
 - A **protease**, also called a **peptidase, proteinase, or proteolytic enzyme**, is an enzyme that degrades proteins into smaller **polypeptides or amino acids**.
- **Coeliac Disease** is an **autoimmune condition** triggered by gluten that damages the small intestine, prompting the immune system to produce a large number of antibodies that attack the body's own proteins.
 - Maintaining a diet very low in gluten is the only effective way to treat coeliac disease at present.



Read more: [Celiac Disease - Drishti IAS](#)

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